



**For immediate release:**

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## **STATE HEALTH COMMISSIONER DISCUSSES OBESITY PREVENTION**

PLYMOUTH, IN---To continue the enthusiasm generated from the INShape Indiana 2005 Health Summit "Obesity Prevention: A Commitment to Act," State Health Commissioner Judith A. Monroe, M.D. hosted a follow up meeting today at St. Joseph Regional Medical Center's Plymouth Campus.

During this event, public health workers from several surrounding counties and organizations were filled in on ideas discussed at the Obesity Prevention Summit. They also learned how they can become more involved in obesity prevention planning and discussed future prevention efforts. Dr. Monroe was on hand to share her ideas and help facilitate discussion.

"We wanted to keep the momentum going from the state meeting the local districts," Dr. Monroe said. "At the state meeting, we discovered there are some real jewels in the state and we need to know about them to tap into those resources."

INShape Indiana was launched by Governor Mitch Daniels in July 2005 to motivate Hoosiers to engage in healthy lifestyles. The 2005 obesity summit continued this effort to combat the negative health effects of Hoosiers being overweight and obese.

Approximately 400 individuals representing more than 50 counties and more than 200 organizations participated in the October 27 obesity summit, including leaders from the medical, business, faith-based, school, and government communities.

Indiana currently has high rankings for obesity, smoking, and lack of physical activity:

- Indiana ranks ninth in the nation for obesity
- 62 percent of Hoosiers are overweight or obese
- 1 million adult Hoosiers smoke
- 1 in 4 Hoosiers admit to engaging in no physical activity

Earlier in the day, Dr. Monroe spent a few hours with local health officials taking comments about local preparedness issues and discussing the upcoming state pandemic influenza conference.

For more information regarding obesity prevention or INShape Indiana, log on to:

[www.INShape.IN.gov](http://www.INShape.IN.gov).

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